

Be sure of Appetizing Bread!

BAKE WITH ROYAL
—always full strength

**PHW! IT
SMELLS QUEER!
I WISH I'D
USED ROYAL**

Each cake of Royal comes sealed in an air-tight wrapper — it stays fresh!

IN A GOOD loaf of bread you want no hint of soginess, no unpleasant "off-taste" or greasy texture. It's important that you bake with a yeast that's always reliable — full strength and pure.

Royal comes to you sealed in individual air-tight wrappers — free from contamination, in full leaving power assured. And it's the only yeast that has this special protection.

That's why 7 out of 8 Canadian housewives today bake with Royal when they bake a dry yeast. They know they can't go on good results... the day they buy Royal, or month later.

For 50 years, Royal has stood for freshness and purity.

It's more of appetizing bread. Bake with Royal.

Send for FREE Booklet!

To get more information on the many uses of Royal Yeast, send for our booklet, "The Importance of Yeast in Baking." It's free! It's full of recipes and tips for the home baker. It's the best of its kind. Send for it today!

ROYAL YEAST CAKES

BUY MADE-IN-CANADA GOODS

Standard Breads Ltd.,
Toronto, Ont. & Lethbridge, Alta.
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Myth Is Exploded

Believe Cities Are Safe From Destruction by Bombing Planes

The theory—often advanced as the dread certainty—has been exploded, New York, could be spared and their civil population slaughtered by the modern aeroplane of enemy air forces.

The opinion was advanced by prominent pilots who have used the latest air equipment in air battles with their maximum height. It is estimated that, twice every hour, a hundred thousand million pounds of water pour in and are hurled against the earth.

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Relief Figures

Total Number on Relief Roster Given as 147,038

Knowledge of New Brunswick, the total number of persons in Canada who are on the relief roster is 147,038, according to a report of the House of Commons. The return was part (two) of the report of the national employment commission.

Figures for New Brunswick were excluded in its completion, the commission said, "as the government of the province had in effect a public works scheme, a line of demarcation as to the municipalities for direct relief."

The number of direct relief recipients by province was:

Prince Edward Island, 1,019; Nova Scotia, 14,025; Quebec, 147,038; Ontario, 302,854; Manitoba, 70,222; New Brunswick, 1,000; British Columbia, 71,990; and British Columbia, 68,926.

The November 1938, figure was 41,881 more than that for November, 1937. Between those years the total has varied with 1,000 in 1934 and 1,364,541 in 1937.

Percentage in urban centers totalled 763,368, while rural or farm relief was 24,672 and females 368,368.

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FORMER CRIPPLE NOW PLAYS TENNIS

Rheumatism In Feet Relieved

Here is a story of a young man who has become a champion tennis player in active sports with his fellow athletes. He began to play tennis only after another and how finally a cure was found for his trouble.

When I was a boy I started with tennis in the foot which gradually got worse and worse. I was unable to play at all. I was told to get a pair of shoes with a thick sole. I tried that, but it did not help. I was told to get a pair of shoes with a thick sole. I tried that, but it did not help. I was told to get a pair of shoes with a thick sole. I tried that, but it did not help.

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History Of The Spices

Now Interesting Facts About Them In Every Part Of The World

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ROYAL HOUSEHOLD FLOUR NAME THE BEST BAKING CONTEST

1330.00 IN CASH PRIZES

3 Big Contests—259 Cash Prizes

First Prize \$100.00 9 Prizes of \$25.00 each, \$ 5.00
Second Prize \$50.00 20 Prizes of \$2.50 each, \$ 50.00
Third Prize \$25.00 GRAND PRIZE \$250.00

Follow these simple rules:

1 Write your name on the coupon and send it to the Royal Household Flour Co., 1000-1010, 1010-1020, 1020-1030, 1030-1040, 1040-1050, 1050-1060, 1060-1070, 1070-1080, 1080-1090, 1090-1100, 1100-1110, 1110-1120, 1120-1130, 1130-1140, 1140-1150, 1150-1160, 1160-1170, 1170-1180, 1180-1190, 1190-1200, 1200-1210, 1210-1220, 1220-1230, 1230-1240, 1240-1250, 1250-1260, 1260-1270, 1270-1280, 1280-1290, 1290-1300, 1300-1310, 1310-1320, 1320-1330, 1330-1340, 1340-1350, 1350-1360, 1360-1370, 1370-1380, 1380-1390, 1390-1400, 1400-1410, 1410-1420, 1420-1430, 1430-1440, 1440-1450, 1450-1460, 1460-1470, 1470-1480, 1480-1490, 1490-1500, 1500-1510, 1510-1520, 1520-1530, 1530-1540, 1540-1550, 1550-1560, 1560-1570, 1570-1580, 1580-1590, 1590-1600, 1600-1610, 1610-1620, 1620-1630, 1630-1640, 1640-1650, 1650-1660, 1660-1670, 1670-1680, 1680-1690, 1690-1700, 1700-1710, 1710-1720, 1720-1730, 1730-1740, 1740-1750, 1750-1760, 1760-1770, 1770-1780, 1780-1790, 1790-1800, 1800-1810, 1810-1820, 1820-1830, 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